Down East Recovery Supports Guide

RECOVERY SUPPORT SERVICES AND SUBSTANCE USE TREATMENT IN THE DOWN EAST REGION

2018 Edition
# TABLE OF CONTENTS

**Housing** ........................................................................................................... 3  
   Emergency Shelter ...................................................................................... 3  
   Recovery or Transitional Housing .......................................................... 3  
   Affordable Housing .................................................................................. 4  

**Employment Services** ................................................................................ 5  

**Education & Financial Services** ................................................................. 7  

**Peer Support** ............................................................................................... 8  
   Peer Recovery Centers ............................................................................ 8  
   Support Groups ....................................................................................... 8  
   Support & Crisis Hotlines ...................................................................... 11  

**Health Care** .................................................................................................. 12  
   Substance Use Treatment Facilities ..................................................... 12  
   Counselors ............................................................................................... 15  
   Complementary Health Services .......................................................... 21  
   Harm Reduction Services ..................................................................... 23  
   Free Clinics & Affordable Health Care .................................................. 23  
   Affordable Dental Services ................................................................... 24  
   Hospitals .................................................................................................. 25  

**Legal & Criminal Justice Services** ............................................................. 26  
   Legal Assistance ..................................................................................... 26  
   Support for Incarcerated Individuals .................................................... 27  
   Domestic Violence & Sexual Assault Services ...................................... 27  

**Transportation** ............................................................................................ 28  

**Food** ............................................................................................................. 29  
   Food Pantries .......................................................................................... 29  
   Free Community Meals ........................................................................ 31  
   Farmer’s Markets .................................................................................... 31  
   Food & Nutrition Assistance ................................................................ 32  

**Child & Family Services** ............................................................................. 32  

**Additional Resources** ................................................................................ 34
**HOUSING**

**Emergency Shelter**

**Emmaus Homeless Shelter**
www.emmaussshelter.org
51 Main St.
P: 207-667-3962
Ellsworth, ME
F: 207-667-1086

25 bed facility that provides a safe & comfortable environment for homeless men, women & families in need of temporary shelter & transitional services. Emmaus is a dry (no substances allowed) shelter.

**H.O.M.E. Co-op**
www.homemmausa.org
90 School House Rd.
P: 207-469-7961
Orland, ME
F: 207-469-1023

HOME operates six shelters throughout Hancock County. They provide short term & long term assistance, depending on individual needs. They have space available for single persons, families, couples, & parents with children.

**Next Step Domestic Violence Project**
www.nextstepdv.org
733 Bangor Rd.
P: 207-667-0176
Ellsworth, ME
F: 207-667-8033

23 Broadway
P: 207-255-4934
Machias, ME
F: 207-255-4243

24-hour Crisis Hotline: 1-800-315-5579
Next Step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington county.

**The Shaw House**
www.theshawhouse.org
136 Union Street
P: 207-941-2874
Bangor, ME
F: 207-941-2875

Emergency shelter, drop-in center, street outreach, transitional living program, and other services for teens experiencing homelessness.

**Recovery or Transitional Housing**

**ARISE Addiction Recovery**
www.ariseaddictionrecovery.com
P.O. Box 353
P: 207-255-5011
Machias, ME

ARISE is a nine-month faith-based residential program for men struggling with substance use. Note: ARISE does not allow program participants to take psychotropic medications, including medication assisted treatment.
Community Housing of Maine  www.chomhousing.org/church-street
31 Church St.  P:207-879-0347
Ellsworth, ME  E: sarah@chomhousing.org
6 1-bedroom units of permanent supportive housing. Housing is designated for individuals participating in the Hancock County Drug Court. Maine Pretrial Services provide on-site support, case management & linkages with treatment and services.

Families First Community Center  www.familiesfirstellsworth.org
Ellsworth, ME  P:207-460-3711
Families First Community Center will be a transitional living programs for homeless families with minor children. The service will include all of Hancock County.

Sunrise Opportunities  www.sunriseopportunities.org
26 Hadley Lake Rd.  P:1-800-255-3124
Machias, ME  F:207-255-8596
Housing and services for people with disabilities or mental health issues.

Affordable Housing

Community Health & Counseling Services  www.chcs-me.org
42 Cedar St.  P:207-947-0366
Bangor, ME
Administer 2 housing assistance programs for individuals with mental illness: Bridging Rental Assistance Program (BRAP), which provides rental assistance while on Section 8 wait list, and Shelter Plus Care, which provides a permanent housing voucher. CHCS also operates affordable apartment sites in the Bangor/Brewer/Ellsworth area.

Ellsworth / MDI Housing Authorities  www.emdiha.org
80 Mt. Desert St.  P:207-288-4770
Bar Harbor, ME  E: terry.kelley@emdiha.org
Rental and housing assistance for residents of Mount Desert Island and Ellsworth who meet income limits. Offer public housing program and Section 8 rental assistance.

H.O.M.E Co-op Affordable Housing Project  homememmausa.org/housing
90 School House Rd.  P:207-469-7961 ext. 22
Orland, ME
HOME works together with Covenant Community Land Trust to provide low-income individuals and families the opportunity to purchase a home. While HOME works to build and rehabilitate houses, CCLT crafts unique lease agreements for the land which keeps it within the low-income community. Visit the website for an application.
Indian Township Passamaquoddy Reservation Housing Authority
P.O. Box 99 www.passamaquoddy.com
U.S. Route 1 P:207-796-8004
Princeton, ME F:207-796-8019
Provides the Passamaquoddy Tribe at Indian Township with better housing for low-income families, effective housing code enforcement, and uplifting and encouraging self-improvement of the community’s low-income families. All housing units are drug-free.

Maine Development Associates www.mainedevdevelopment.com
P.O. Box 2219 P:207-947-6795
Bangor, ME F:207-990-1401
Privately owned company providing clean, safe, and affordable housing to low income, elderly, or disabled families throughout Maine. Accepts Section 8.

Maine State Housing Authority www.mainehousing.org
353 Water Street P:207-624-5789
Augusta, ME P:1-800-357-4853
Administers Section 8 Housing Assistance to residents of Washington County. Also provides low-interest loans for housing, refers low income renters to housing providers assisted by MSHA and maintains a list of homeless shelters.

Mano en Mano www.manomaine.org
2 Maple Street P:207-546-3006
Milbridge, ME
Provides farm workers who want to settle in Milbridge with affordable housing. Helps with rental applications and organizing documents for a lease, and operates an affordable housing complex for up to 6 families.

Pleasant Point Passamaquoddy Reservation Housing Authority
RR 1, Box 339 www.wabanaki.com
Perry, ME P:207-853-6021
Manages and maintain rental programs and properties for low income members of the Pleasant Point Tribe. Provides training for those interested in Homeownership, Tax Credit project, financial security and personal development.

EMPLOYMENT & FINANCIAL SUPPORT

Eastern Maine Development Corp. www.emdc.org
248 State Street, Suite 15A P:207-610-1521
Ellsworth, ME F:207-610-1531
Works with individuals to connect with job opportunities, access educational programming, skills training, youth-specific programs, and more.
“You’ve Got a Friend Fund”
140 State Street #1
Ellsworth, ME
www.healthyacadia.org
P: 207-667-7171
Accepting applications for “You’ve Got a Friend Fund, a mini-grant program that provides up to $1,000 to individuals across Hancock County in need of assistance to overcome specific hurdles or setbacks.

Maine Career Centers
www.mainecareercenter.com
One College Drive
Calais, ME
P: 207-454-7551
F: 207-454-0349
53 Prescott Drive, Suite 1
Machias, ME
P: 207-255-1900
F: 207-255-4778
The Maine Career Center provides a variety of employment and training services at no charge for Maine workers and businesses. Have services targeted towards veterans, young people, and people with disabilities.

Northeastern Workforce Development Board
www.northeasternwdb.org
26 Franklin St.
Bangor, ME
P: 207-992-0775
This workforce development board operates Career Centers in the five county location.

New Ventures Maine
www.newventuresmaine.org
248 State St., Suite 1
Ellsworth, ME
P: 207-669-6018
F: 207-262-7951
Classes and workshops at no charge, in-person and online options, one-on-one coaching. We offer programs that encourage and empower those thinking about making a change to take the next step towards a new career.

Penobscot JobCorps
penobscot.jobcorps.gov
1375 Union St.
Bangor, ME
P: 207-990-3000
F: 207-942-9829
Job Corps is a job training program for young adults age 16 to 24 who are low income. You do not need a high school diploma, and applicants can be homeless or have a criminal record. Job Corps has a zero tolerance policy for drug use during the time participants are in the program.

Unlimited Solutions Clubhouse
www.unlimitedsolutionsclubhouse.com
30 Summer St.
Bangor, ME
P: 207-404-8383
Peer support program that offers transitional employment, supported employment, and coaching for independent employment. Must have a diagnosis of a mental illness to join.
EDUCATION SERVICES

Adult & Community Education
Ellsworth ellsworth.maineadulted.org
248 State St., Suite 1 P:207-664-7110
Ellsworth, ME F:207-669-6247

Mount Desert Island mdi.maineadulted.org
1081 Eagle Lake Rd. P:207-288-4703
Bar Harbor, ME F:207-288-9002

RSU 24 rsu24.maineadulted.org
1888 US Highway 1 P:207-422-4794
Sullivan, ME F:207-422-3612

Axiom Education & Training Center P:207-255-4917
6 Colonial Way F:207-255-5825
Machias, ME

Offers classes in business and skills training, basic math and literacy skills, college transitions, and personal enrichment as well as classes designed to help someone finish their high school diploma or obtain a GED.

FedCap www.fedcap.org
150 High Street P:207-812-9608
Ellsworth, ME

FedCap creates opportunities for people with barriers to economic wellbeing. FedCap offers an array of services through its four practice areas—Education, Workforce Development, Occupational Health, and Economic Development

Literacy Volunteers of Washington County P:207-255-0344
RR1, Box 12-A, Outer Court Machias, ME

Tutoring for reading and writing skills; English as a second language.

Maine Educational Opportunity Center (MEOC) meoc.maine.edu
Statewide Program P:1-800-281-3703
Assistance completing college admission and financial aid forms and offers career counseling for individuals wishing to return to school.

Mount Desert Island Adult and Community Education P:207-288-4703
1081 Eagle Lake Rd. Bar Harbor, ME
Passages Program  
wayfinderschools.org/passages-program
79 Washington St.  
P:207-236-3000
Camden, ME  
F:207-236-2505
Allows teen parents to earn an accredited high school diploma from home while caring for their child.

Sunrise Education Pathways
116 O’Brien Avenue  
www.machias.edu/sunrise-education-pathways
Machias, ME  
P:207-255-1318
Support accessing career courses & programs through University of Maine Machias as well as scholarships for returning adults

University College at Ellsworth  
www.learn.maine.edu/Ellsworth
248 State Street, Suite 1  
P:207-667-3897
Ellsworth, ME
Offering access to and support for college programs and courses from the University of Maine System and Eastern Maine Community College. Free advising and placement testing.

PEER SUPPORT SERVICES

Recovery Community Centers

Bangor Area Recovery Network (BARN)  
www.bangorrecovery.org
142 Center St.  
P:207-561-9444
Brewer, ME
A recovery community center that provides recovery resources and support to Eastern & Central Maine including support groups and events.

Your Place, Inc.
8 Old Mill Rd.  
P:207-374-2733
Ellsworth, ME
Your Place, Inc. (YPI) is incorporated as a 501 (c)(3) non-profit corporation. Established in 1992, YPI serves as a recovery support center to our neighbors and community members. YPI is proud to host meetings for those interested, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA) (Meets at 12:00pm seven days a week), Overeaters Anonymous (OA), Co-Dependents Anonymous (CODA) and Al-anon.

Support Groups

Alcoholics Anonymous (AA)

Down East Inter-Group  
www.downeastintergroup.org
Down East, ME  
24 Hour Helpline:207-479-1779
The Down-East Inter-Group is a group of Alcoholics Anonymous members coming together to help carry the AA message by publishing a newsletter,
sponsoring social events, and distributing AA literature. Their 24-hr helpline assists callers in finding or getting to a meeting or offering support.

AA meetings are available every day in various locations throughout the Down East region. For a full list of meetings in the area contact the Down East Intergroup. For information about A.A. visit www.aa.org.

**Narcotics Anonymous (NA)**

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beal’s Island</td>
<td>Discussion; Thu/Sun 7:00pm</td>
<td>Community of Christ Church</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Discussion; Tues 7:00pm</td>
<td>Blue Hill Memorial Hospital</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Sun 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Tues 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Fri. 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Danforth</td>
<td>Discussion; Mon. 6:00pm</td>
<td>East Grand Health Center in Danforth</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Wed 7pm</td>
<td>St. Aidan’s Church</td>
</tr>
</tbody>
</table>

For a full list of Maine NA Meetings & more information contact the Maine Area of Narcotics Anonymous: www.namaine.org or call the Maine NA help-line at **1-800-974-0062**

**Al-Anon**

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Mon 12:00pm</td>
<td>St. Saviour’s. 41 Mount Desert St.</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Tues. 7:00pm</td>
<td>First Baptist Church, 46 Ledgelawn</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Fri. 7:00pm</td>
<td>St. Saviors’ 41 Mount Desert St,</td>
</tr>
<tr>
<td>Beal’s Island</td>
<td>Discussion; Sat. 7:00pm</td>
<td>RLDS Church, Main Street</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Discussion; Sun 7:00pm</td>
<td>Blue Hill Hospital, 57 Water St.</td>
</tr>
<tr>
<td>Bucksport</td>
<td>Discussion; Wed 7:00pm</td>
<td>Elm St. Cong. Church, 31 Elm St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Wed 6:30pm</td>
<td>Old Calais Hospital, Palmer St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Tues. 7:00pm</td>
<td>The Refuge Church (childcare available)</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Mon 7:00pm</td>
<td>St. Anne’s Episcopal Church</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Mon/Tues. 7:00pm</td>
<td>Personal Residence - 90 Boardman St.</td>
</tr>
<tr>
<td>Columbia</td>
<td>Discussion; Wed. 7:00pm</td>
<td>Faith United Methodist, 444 Rte. 1</td>
</tr>
<tr>
<td>Danforth</td>
<td>Call at 207-448-2347</td>
<td>East Grand Health Center in Danforth</td>
</tr>
<tr>
<td>Dennysville</td>
<td>Discussion; Sat. 6:00pm</td>
<td>Housing Comm. Room - Shipyard Room</td>
</tr>
<tr>
<td>Deer Isle/Stonington</td>
<td>Discussion; Thurs. 8:30am</td>
<td>Deer Isle Library, 17 Main St</td>
</tr>
<tr>
<td>Eastport</td>
<td>Discussion; Mon. 7:30pm</td>
<td>Cornerstone Baptist Church Rt. 190</td>
</tr>
<tr>
<td>Eastport</td>
<td>Discussion; Wed/Fri 7:30pm</td>
<td>Health Care Center - 30 Boynton St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Mon 6:00pm</td>
<td>Congregational Church, 2 Church St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Tues. 12:00pm</td>
<td>UU Church, 121 Bucksport Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 12:00pm</td>
<td>UU Church, 121 Bucksport Rd.</td>
</tr>
<tr>
<td>Gouldsboro</td>
<td>Fire House Group; Sun 6pm</td>
<td>Fire House</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Discussion; Thurs. 7:00pm</td>
<td>Jacksonville Church</td>
</tr>
<tr>
<td>Lubec</td>
<td>Discussion; Thurs. 7:00pm</td>
<td>Reg. Med Center at Lubec (AA Al-Anon)</td>
</tr>
<tr>
<td>Lubec</td>
<td>Discussion; Fri. 7:00pm</td>
<td>Sunrise Apartments Community Room</td>
</tr>
<tr>
<td>Lubec</td>
<td>Discussion; Wed. 7:00pm</td>
<td>West Lubec Methodist Church</td>
</tr>
<tr>
<td>Hancock</td>
<td>Discussion; Wed. 12:00pm</td>
<td>Union Congregational; 1368 US Hwy 1</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Sun/Fri 7:30pm</td>
<td>Community of Christ Church - North St.</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Mon. 7:30pm</td>
<td>Center St. Congregational Church</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Tues. 7:30pm</td>
<td>St. Aidan’s Episcopal Church - 36 Dublin</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Sat. 10:00am</td>
<td>St. Aidan’s Episcopal Church - 36 Dublin</td>
</tr>
<tr>
<td>Machias</td>
<td></td>
<td>Buy Time Women’s Group</td>
</tr>
</tbody>
</table>
Al-Anon is for people who are affected by another person’s drinking or substance use. For a full list & more information contact Maine Al-Anon Family Groups: [www.maineafg.org](http://www.maineafg.org) or call 207-284-1844

### Other Recovery Support Groups

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type</th>
<th>Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Nicotine Anonymous</td>
<td>Mon. 4:30pm</td>
<td>St. Saviors', 41 Mt. Desert St.</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Celebrate Recovery MDI</td>
<td>Christian-based 12-Step Program</td>
<td>First Baptist Church, 46 Ledgelawn Ave.</td>
</tr>
<tr>
<td>Brewer</td>
<td>Young People in Recovery</td>
<td>Tues. 6:00pm</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td>Brewer</td>
<td>Codependents Anonymous</td>
<td>Sun. 5:30pm</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td>Brewer</td>
<td>Gamblers Anonymous</td>
<td>Tues/Thurs 6:00pm</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td>Brewer</td>
<td>M.A.P.S. (MAT Recovery Group)</td>
<td>Fri. 5:00pm</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td>Brewer</td>
<td>Sex &amp; Love Addicts, Sun. 7PM</td>
<td>The BARN, 142 Center St.</td>
<td>Call 207-852-7220</td>
</tr>
<tr>
<td>Brewer</td>
<td>Drug Addicts Anonymous</td>
<td>The BARN, 142 Center St.</td>
<td></td>
</tr>
<tr>
<td>Bangor</td>
<td>Nar-An</td>
<td>Thurs 6:30PM</td>
<td>St. Francs Ctr., 294 Center St.</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Food Addicts,</td>
<td>Sat. 8:30am</td>
<td>First Congregation Church, 22 Tenney Hill</td>
</tr>
<tr>
<td>Calais</td>
<td>ARISE Faith-based recovery</td>
<td>Tuesday 7PM</td>
<td>The Refuge Church, 21 Calais Avenue</td>
</tr>
<tr>
<td>Calais</td>
<td>Drugs-anon</td>
<td>Sat. 6:00pm</td>
<td>St. Anne’s Episcopal Church, 29 Church St.</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Alateen; Wed. 11:30</td>
<td>Deer Isle Stonington High School</td>
<td>251 Deer Isle Rd.</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Nicotine Anonymous</td>
<td>High School Students Only</td>
<td>Congregational Church, Downstairs</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Nicotine Anonymous</td>
<td>Tues. 6:00pm</td>
<td>St. Joseph’s, 231 Main Street</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Food Addicts</td>
<td>Wed. 6:30pm</td>
<td>St Dunstan’s Ch., 134 State Street</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Faith Based Recovery Meeting</td>
<td>Wed. 7:00pm</td>
<td>Christian Ridge Ch., 53 Christian Ridge</td>
</tr>
<tr>
<td>Ellsworth Falls</td>
<td>Codependents Anonymous</td>
<td>Mon., 12:15pm</td>
<td>Congregation Church</td>
</tr>
<tr>
<td>Jonesport</td>
<td>ARISE Faith-based recovery</td>
<td>Community of Christ Church, 156 Main St.</td>
<td></td>
</tr>
</tbody>
</table>
**Maine Support Group and Crisis Hotlines**

**Alcoholics Anonymous (Statewide)**
1-800-737-6237

**Down East AA Intergroup Helpline**
207-479-1779
Staffed by members of AA with support, resources, and meeting information.

**Al-Anon**
1-800-498-1844
Staffed by volunteers answering phones, providing literature, and keeping meeting information.

**Narcotics Anonymous—Statewide**
1-800-974-0062
Staffed by volunteer member of NA providing support, meeting information, and resources.

**The Women’s Project**
1-800-611-1779
Helping women affected by substance abuse - their own or others.

**Maine Tobacco HELPLine**
1-800-207-1230
Provides resources and information to help someone quit.

**NAMI Maine Helpline**
1-800-464-5767
Support, education and advocacy for anyone with questions about mental health concerns.

**Maine Warmline**
1-866-771-9276
Offers telephone support during challenging times and non-crisis situations.

**Maine 2-1-1**
2-1-1
Connects people who want to give help or get help with a full range of health and human services in their community.

**The Opportunity Alliance**
1-866-568-1112
Statewide crisis intentional warm line

**Domestic Violence 24 Hour Crisis Line—Statewide**
1-866-834-4357

**Downeast—Next Step Domestic Violence Project**
1-800-315-5579

**Passamaquoddy Peaceful Relations Program**
1-877-853-2613

**Indian Township Passamaquoddy Domestic & Sexual Violence Advocacy Center Violence Program**
207-796-6106

**Domestic Violence Hotline for Spanish speakers**
207-553-2252
Information, crisis counseling, emotional support and advocacy.
Sexual Assault Support—Statewide (AMHC) 1-800-871-7741
A 24-hour statewide sexual assault crisis and support line providing confidential services free of charge.

HEALTH CARE SERVICES

Substance Use Treatment Services

Acadia Family Center www.acadiafamilycenter.org
1 Fernald Point Rd. P:207-244-4012
Southwest Harbor, ME
Individual counseling, early recovery group, pain management group, medication assisted treatment (suboxone). Accepts MaineCare and MOST major health insurances.

Acadia Hospital www.acadiahospital.org
268 Stillwater Ave. P:1-800-640-1211
Bangor, ME
Individual counseling, group counseling, IOP (intensive outpatient treatment), Medication Assisted Treatment (including methadone and suboxone). Accepts all insurance.

Aroostook Mental Health Center (AMHC) www.amhc.org
710 Bucksport Rd., Ellsworth, ME P:207-667-6890
127 Palmer St., Calais, ME P:207-454-0775
14 Steve’s Ln., Marshfield, ME P:207-255-0996
Mental Health and Substance use treatment. Individual and group, Matrix IOP. Accept MaineCare and all major health insurance. Sliding fee scale available for substance use treatment services. Also offers case management and other services, such as Maine Mother’s Network for mother’s who are pregnant or with children under age 5.

Arnold Memorial Medical Center
70 Snare Creek Rd. P:207-497-5614
Jonesport, ME
Individual counseling, medication assisted treatment (suboxone). Accepts all insurance. Dr. Steven Weisberger, with counseling support from AMHC.

Blue Hill Memorial Hospital, Island Family Medicine www.bhmh.org
354 Airport Rd. P:207-367-2311
Stonington, ME
Individual counseling, medication assisted treatment (suboxone). Accepts most insurances. Dr. Charles Zelnick, Denise Antonition.

Cathleen London, MD - Door to Door Doctors www.thevillagedoc.org
40 Main Street, P:207-847-8020
Milbridge, ME
Provides addiction recovery services, including medication assisted treatment and required weekly groups.

**Community Health & Counseling Service (CHCS)**

52 Christian Ridge Rd., Ellsworth, ME  P:207-667-5357
15 Kids Corner, Machias, ME  P:207-255-8473

Individual counseling, group counseling, medication assisted treatment (suboxone). Accepts MaineCare primarily as well as SOME health insurances.

**The Downeast Treatment Center (DTC)**

406 State St., Suite 2  P:207-412-0973
Ellsworth, ME  AMHC Access Center: 1-800-244-6431

The DTC provides an integrated medication-assisted treatment (MAT) service. The service consists of medication prescribed by a provider and group substance use treatment by a licensed substance use treatment provider. Peer recovery coaching also available for all participants. The service is part of the Hub and Spoke model. The DTC serves as the Hub, supporting spoke providers, including consultation. This Hub treatment is open to all individuals in need, including those who are uninsured or underinsured.

**Discovery House**

74 Dowd Road, Bangor, ME  P:207-947-6800
12 Beech Street, Calais, ME  P:207-454-1300

Individual and group counseling, medication assisted treatment (including methadone & suboxone). Accepts most major insurances.

**The East Grand Health Center**

201 Houlton Road  P:207-448-2347
Danforth, ME

Medication assisted treatment (suboxone) for primary care patients. Accepts most insurances, including MaineCare, and offers a sliding fee.

**Eastport Health Care**

30 Boynton Street  P:207-853-6001
Eastport, ME  F:207-853-6180

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available. Also in Machias and Calais.

**Groups: Recover Together**

248 State Street—Suite 13B (Mill Mall)  P:1-800-683-8313
Ellsworth, ME
23 Washington Street, Suite 3, Calais, ME
17 Stackpole Road, Suite 1, Machias, ME

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available.
Harrington Family Health Center  
www.harringtonfamilyhealth.org  
50 East Main St.  
P:207-483-4502  
Harrington, ME  
Individual counseling. Accepts all insurances.

HealthWays / Regional Medical Center at Lubec  
www.rmcl.org  
43 South Lubec Rd.  
P:207-733-1090  
Lubec, ME  
F:207-733-2847  
Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. DEEP/OUI and addiction treatment programs offered, including medication assisted treatment (suboxone). Accepts most insurances, sliding scale available. Counseling services also offered in Machias and Calais.

Mount Desert Island Hospital Behavioral Health Center  
322 Main St., 3rd Floor  
www.mdihospital.org  
Bar Harbor, ME  
P:207-288-8604  
Individual counseling, group counseling. Accepts all insurances.

Open Door Recovery Center  
www.opendoorrecoverycenter.org  
8 Old Mill Rd.  
P:207-667-3210  
Ellsworth, ME  
F:207-667-3133  
IOP (Intensive outpatient treatment), Individual counseling, group counseling, medication management. Accepts most major health insurances.

Passamaquoddy Health Center  
401 Peter Dana Point Rd  
P:207-796-2321  
Princeton, ME  
Substance use treatment services, individualized health services, and outpatient counseling services.

Penobscot County Metro Treatment  
659 Hogan Rd.  
P:207-973-0400  
Bangor, ME  
F:207-973-1881  
Individual counseling, medication assisted treatment (including Methadone).

Pleasant Point Health Center  
Pleasant Point Sipayik 11  
P:207-853-0644  
Perry, ME  
Substance use treatment services, individualized health services, and outpatient counseling services.

Wellspring  
319 State St.  
P:207-941-1639  
Bangor, ME  
P:1-888-590-2879  
Individual counseling, family counseling, group counseling, half way housing.
Counselors

MDI / Schoodic / Coastal Region

Alan Graff (April—October only)
Southwest Harbor, ME
Individual counseling. Accepts SOME major health insurances.

Irene Greene-Murphy, LCSW, LADC
Northeast Harbor

Dawn Nuding, LCPC, Art Therapist
Mount Desert, ME
Individual counseling and art therapy for children, teens and adults.

Eleanor Pancoe, LCSW, CADC
Bar Harbor, ME
Individual counseling. Accepts Anthem, Aetna, MaineCare, and Medicare.

Amy Ridell, LCPC
Mount Desert, ME
Individual counseling for those ages 10 and up.

Sarah White, LADC
Hulls Cove, Bar Harbor, ME
Individual counseling, substance use counseling. Accepts MaineCare, in process to accept private insurances.

Ellsworth / Bucksport area

Alan Algee, LCPC CCS, Dirigo Counseling Services
Ellsworth & Bangor, ME
Individual and group substance use counseling. Accepts MaineCare and MOST major health insurance companies

Lila Balch, LCSW
Bucksport, ME
Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

Christine Berg, LADC
Bucksport, ME
Licensed Alcohol and Drug Counselor that provides Individual counseling

Barbara Bland, LCSW
Ellsworth, ME
Individual counseling for teens, adults, and couples.

Nancy Cation, LCSW
Bucksport, ME
Individual counseling for adults. Accepts MaineCare.
**Dottie Caldwell, LCSW**  
Bucksport, ME  
P:207-469-1013  
Individual counseling for children, teens and adults.

**Sharon Carroll, LCSW, CADC - AMHC**  
Ellsworth, ME  
P:207-667-6890  
Provides substance use and criminogenic treatment services for the Hancock County drug court program.

**Holly Duesenberry**  
Ellsworth, ME  
P:207-808-7281  
Individual counseling. Accepts MOST major health insurances.

**John F. Fitzgerald, LADC, CCS**  
Ellsworth, ME  
P:207-479-9076  
Individual and group counseling for those affected by substance use.

**Stephanie Francis, LCPC**  
Bucksport, ME  
P:207-517-2031  

**Andrea Gabel-Richards, LCSW**  
Ellsworth, ME  
P:207-667-8670  
Individual counseling for teens and adults. Accepts MaineCare.

**Edithe Gagnon, LCSW**  
Bucksport, ME  
P:207-469-7371  
Individual counseling for adults. Accepts MaineCare, private insurance, and offers sliding scale fee.

**Astor Gillis, LADC**  
Ellsworth, ME  
P:207-667-2730  
Individual counseling. Specializes in substance use. Accepts MaineCare, Anthem, and SOME major health insurances, offers sliding scale fee.

**Max Goode, LCSW**  
Bucksport, ME  
P:207-469-7371  
Individual counseling for adults. Accepts MaineCare, private insurance, and offers sliding scale fee.

**David Harlan, LCSW - AMHC**  
Ellsworth, Bucksport, Blue Hill, ME  
P:207-667-6890  
Individual counseling for children, teens, and adults. Provides both mental health and specializes in substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding scale fee for substance use treatment services.

**Tracy Haskell, LCSW**  
Ellsworth, ME  
P:207-664-2994  
Individual counseling for children, teens and adults.

**David Hawkins, MD**  
Bangor, ME  
P:207-990-2367  
Child and Adolescent Psychiatry.
Donna Kelley, LCPC  
Bucksport, ME  
P:207-631-0081  
Individual counseling for children and adults.

Irene Laney, LADC, MSWCC  
Ellsworth, ME  
P:207-667-3100  
Individual counseling. Specializes in substance use. Accepts MaineCare and MOST major health insurances.

Hailee Langley, CADC  
Ellsworth, ME  
P:207-667-6890  
Provides substance use treatment services in both individual and Matrix IOP group services. Also provides substance use treatment services for MAT Downeast Treatment Center.

Laurie LaViolette, LCSW, CCS  
Ellsworth, ME  
P:207-667-9101  
Individual counseling. Accepts Medicare, MaineCare, and MOST insurances.

Emily Lowell, LCSW  
Ellsworth, ME  
P:207-479-4484  

Angela Lyford, LCSW  
Bucksport, ME  
P:207-469-7371  
Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

Jeannie McPherson, Psychologist  
Ellsworth, ME  
P:207-667-2119  
Individual counseling for children, teens and adults.

Kimberly Morrison, LMSW-CC, CADC  
Ellsworth, ME  
P:207-667-6890  
Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services. Also provides substance use treatment services for MAT Downeast Treatment Center.

Marc Mytar, Psychologist  
Ellsworth, ME  
P:207-667-2095  
Individual counseling for adults and couples.

Maryann Ogonowski, MS, RN, LADC—Searsport Counseling Associate  
59C Franklin St.  
Ellsworth, ME  
P:207-664-7050  
Individual counseling, group counseling. Specializes in substance use. Accepts MOST insurances.

Carole Pascal, LCSW  
Ellsworth, ME  
P:207-326-4724  
Individual counseling for adults.
Cheryl Rubin, LCSW  
Ellsworth, ME  
P:207-667-2998  
Individual counseling for adults. No MaineCare.

Mica Slaven-LaMothe, LCSW - AMHC  
Ellsworth, ME (one day in Blue Hill)  
P:207-667-6890  
Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services.

Alan Wittenberg M.A., CMT (Surry Music Therapy)  
Surry, ME  
P:207-667-1308  
Individual and group music therapy for children, teens & adults.

Kip Young, LADC  
Ellsworth, ME  
P:207-664-1500  
Individual and group substance use counseling. Accepts BCBS, MaineCare, Cigna, and Maine Community Health.

Blue Hill Peninsula

Denise Antonition, LCSW  
Stonington, ME @ Island Family Medicine  
P:207-367-2311  
Individual counseling for children, teens, and adults, couples counseling, assessments and referrals. Accepts MaineCare and can apply for free care at hospital.

Lila Balch, LCSW  
Brooklin, ME (Serves Blue Hill & Bucksport as well)  
P:207-491-4802  

Steven Benson, Psychologist  
Blue Hill, ME  
P:207-374-2357  

Patty Bergstrom, LMSW-CC  
Blue Hill, ME  
P:207-374-2311  
Individual counseling for adults, brief interventions, consultations and assessments, Accepts MaineCare and can apply for free care at hospital.

Cynthia Booker-Bingler, LCSW, Therapeutic Way  
259 Toddy Pond Road  
Surry, ME  
P:207-412-8881  
Individual counseling for children, teens, and adults using Animal Assisted Therapy (canine). Accepts most major insurances, MaineCare and Medicare.

Gordanna Hassett, LCSW, CADC  
Castine, ME  
P:207-326-4348  
Individual counseling for adults, assessments, and referrals. Accepts MaineCare and can apply for free care at hospital.

Nancy Hathaway, M.Ed., LpastC  
Center for Studying Mindfulness  
Blue Hill, ME  
P:207-400-0494  
Focusing on Mindfulness Therapy for depression, anxiety, health, recovery, and stress.
Meagann Holland, LCPC-C
Blue Hill, ME  P:207-266-2069
Individual counseling for children, teens, adults. Sliding scale available.

Lorraine Huckel, Psychologist
Blue Hill, ME  P:207-374-5811
Individual counseling for teens and adults.

Catherine Morse, LCSW
Blue Hill, ME  P:207-326-8356
Individual counseling for children and adults, specializes in neurofeedback.

Hector Sapien
Blue Hill, ME  P:207-460-6090
Individual counseling for children and teens, specializes in school issues.

Nancy Plouffe, LCSW
Blue Hill, ME  P:207-374-2296
Individual counseling for teens and adults. Accepts MaineCare.

Theresa Weigel, LCSW
Blue Hill, ME  P:207-374-5780
Individual counseling for teens and adults. Accepts MaineCare.

Washington County

Holly Billings, LMSW-CC
Harrington, ME  P:207-483-4502
Individual counseling for adults.

Linda Bird, LCSW
Harrington, ME  P:207-483-4502
Individual counseling for adults.

Barbara Chatterton-Luuring
Machias, ME  P:207-610-4351
Individual counseling. Will travel to see clients in Hancock County as well. Specializes in substance use, vocational rehabilitation, trauma.

Stacey Cherry, LCPC
Machias, ME  P:207-255-4100
Individual counseling for adults.

Jamie Corbett, LADC
14 Steve’s Ln.  P:207-255-0996
Marshfield, ME
Provides substance use treatment services in both individual and Matrix IOP group services.

Sandra Draper-Hayward, LADC
Calais, ME  P:207-733-1090, ext. 2198
Individual counseling. Substance use specialty.

Katherine Evans, LCSW
Calais, ME  P:207-726-4210
Individual counseling for teens and adults.
Paula Frost, LADC, LSW
Lubec, ME  P:207-733-1090, ext. 2198
Individual counseling. Substance use specialty.

Abby Frutchey, LADC, CCS
14 Steve’s Ln.  P:207-255-0996
Marshfield, ME
Provides substance use and criminogenic treatment services for the Washington County drug court program.

Dan Gasper, LCPC, LADC
Cherryfield, ME  P:207-530-7774
Mental health and substance use counseling. Accepts MaineCare and most major insurers.

Holly Greenleaf Whitney, LADC
Harrington, ME  P:207-255-8301
Individual counseling, substance use specialty. Accepts all insurances.

Matt Hall, LCPC
14 Steve’s Ln.  P:207-255-0996
Marshfield, ME
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

Pamela Helmstadler, LCPC
Calais, ME  P:207-454-0407
Individual counseling, substance use specialty.

David Hodgkins, LCSW
127 Palmer St.  P:207-454-0775
Calais, ME
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance, and offers sliding fee.

Jennifer Holcomb, LADC, CCS
14 Steve’s Ln.  P:207-255-0996
Marshfield, ME
Provides substance use treatment services in both individual and Matrix IOP group services.

Laura Landy, LCSW, CADC
Machias, ME  P:207-271-8105
Individual counseling for adults.

Anne Leaver, LCPC, LADC, CCS
East Machias, ME  P:207-255-0102
Individual and group counseling.

Tara Librizzi, LCSW
Machias, ME  P:207-255-0996
Individual counseling for adults.

Jill Mertinke, LCPC
East Machias, ME  P:207-255-4833
Individual counseling for adults. Accepts MaineCare and most insurances.
Jody Mountcastle, LCSW
Harrington, ME
Individual counseling for adults.

Bridget O’Rourke, LCSW
127 Palmer St.
Calais, ME
Individual counseling for children, teens, and adults. Provides mental health counseling. Accepts MaineCare and most private insurance.

Virginia Pond, MEd, MSW, LCSW
Lubec, ME
Individual and group counseling.

Valerie Renshaw, LCPC
Machias, ME
Individual counseling for adults.

Cynthia Scott, LCPC-C
127 Palmer St.
Calais, ME
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

Katie Sell, CADC
14 Steve’s Ln., Marshfield, ME
127 Palmer St., Calais, ME
Provides substance use treatment services in both individual and Matrix IOP group services.

Tanya Zivkovic, LMSW-CC
127 Palmer St.
Calais, ME
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

Complementary Health Services

Acupuncture

Acupuncture Care
Ellsworth, ME
P: 207-667-4128

Bangor Veterans Acupuncture Project
Bangor, ME
P: 207-479-2944
Weekly free ear-acupuncture clinic held on Thursdays 6:45pm

Christine Cuneo, RN
Ellsworth, ME
P: 207-667-8036

DownEast Community Acupuncture (DECA)
Verona Island, ME
P: 207-479-2944
Uses NADA and offers a sliding scale
Jean Guyette  
P:207-565-3891  
Offers volunteer outreach and education around the National Acupuncture Detoxification Association (NADA), and acupressure for tension and anxiety relief. Acudexox Specialist, NADA trained.

Linda Forslund - Caterpillar Hill  
Sedgwick, ME  
P:207-209-1613  
Maine Coast Acupuncture & Herbal Medicine, Lea Lac Elliot  
Ellsworth, ME  
P:207-812-8747  
Pleasant Point Health Center—Acupuncture  
Pleasant Point, ME  
P:207-853-0644  
Sarah Tewhey, L.Ac  
Southwest Harbor, ME  
P:207-266-7938  
Specialty in substance treatment; uses NADA protocol.

Massage

Downeast Massage Therapy  
Perry, ME  
P:207-853-4083  
Passamaquoddy Health Center—Massage  
Dana Point, ME  
P:207-796-2321

Mindfulness

Center for Studying Mindfulness  
Hathaway.N@gmail.com  
ME  
P:207-400-0494  
Eight week Mindfulness-based stress reduction programs for parents, individuals, and groups

Yoga

Ayushri Yoga Ayurveda & Wellness  
Blue Hill, ME  
P:207-374-3800  
Bold Coast Yoga—Samantha Williams  
Machias, ME  
P:207-214-6516  
BKS Lyengar Yoga Center  
Sedgwick, ME  
P:207-326-2037  
Blue Hill Center for Yoga  
Blue Hill, ME  
P:207-374-2004  
Cherryfield Library  
Cherryfield, ME  
P:207-546-4228  
Wednesdays 6:00pm-7:00pm  
Julie Bakis — Eastport Arts Center  
Eastport, ME  
P:207-853-4650  
Focus on breath and alignment. $5-10 sliding scale.

MDI YMCA  
Bar Harbor, ME  
P:207-288-3511
Free for MDI YMCA members.

**Pranava Livings Arts Studio**

Blue Hill, ME  
P:207-326-7957

**Sowelu Healing**

Brooksville, ME  
P:207-326-3236

**The Yoga Place**

Ellsworth, ME  
P:207-669-5685

**Women’s Health Resource Library—Geri Valentine**

Milbridge, ME  
P:207-546-7677

Thursday evenings 5:30pm-7:00pm, $10

**Yoga @ Cattitude**

Bar Harbor, ME  
www.cattitudemdi.com

**Smoking Cessation**

**Cancer Support Center of Maine**  
www.cancesupportofmaine.org

Hancock & Washington Counties, ME  
P:207-326-2037

Free smoking cessation classes.

**Healthy Acadia**  
www.healthyacadia.org

Hancock County, ME  
P:207-667-7171

Offers free (donation suggested) Tai Chi, smoking cessation, chronic pain management classes.

**Harm Reduction Services**

**Health Equity Alliance**  
www.mainehealthequity.org

25A Pine St.  
P:207-667-3506

Ellsworth, ME  
F:207-664-0574

7 VIP Lane  
P:207-255-5849

Machias, ME  
F:207-255-5937

304 Hancock St., Suite 3B  
P:207-990-3626

Bangor, ME  
F:207-990-2286

Provides needle exchange services, naloxone distribution, outpatient mental health counseling, medical case management, and HIV/Hepatitis C testing.

Has support groups and advocacy / volunteer opportunities. HEAL also provides an LGBTQ+ inclusive space, called the Health Equity Center. This community center is a space for partner organizations that serve Maine’s LGBTQ+ community.

**Free Clinics & Affordable Medical Centers**

**Ellsworth Free Clinic**

248 State St. Suite 16  
P:207-667-7953

Ellsworth, ME

Medical clinic staffed by volunteers providing free primary care. Open M to F, 9:00am –12:00pm.
Ellsworth Family Planning & Primary Care  www.mainefamilyplanning.org
248 State Street  P:207-812-7030
Ellsworth, ME  F:207-664-0325
Provides family planning & reproductive health services, family support services, and more. Operates WIC program. Also has offices in Machias & Calais.

Calais Family Planning  www.mainefamilyplanning.org
43 Union Street  P:207-853-8930
Calais, ME
Provides family planning & reproductive health services, family support services, and more.

Peninsula Free Health  www.penninsulafreehealth.net
26 Hinckley Ridge Rd.  P:207-374-5585
Blue Hill, ME
Provides health services for adults and children. Open Monday from 3pm to 6pm. Walk-ins are welcome.

Federally Qualified Health Centers
Bucksport Regional Health Center  www.bucksportrhc.com
Bucksport, ME  P:207-469-7371
East Grand Health Center  www.eastgrand.org
Danforth, ME  P:207-448-2347
Eastport Health Care, Inc.  www.eastporthealth.org
Eastport, Calais, & Machias, ME  P:207-853-6001
Harrington Family Health Center  www.harringtonfamilyhealth.org
Harrington, ME  P:207-483-4502
St. Croix Regional Family Health Center  www.scrfhc.org
Calais & Princeton, ME  P:207-796-5503
Regional Medical Center at Lubec  www.rmcl.org
East Machias & Lubec, ME  P:207-733-5541
Federally qualified community health care centers (FQHC’s) provide primary care services to anyone, regardless of health insurance status or ability to pay.

Affordable Dental Services
Caring Hands of Maine Dental Center  www.caringhandsofmaine.com
70 Kingsland Crossing  P:207-667-6789
Ellsworth, ME
The Dental Center provides comprehensive dental services. Accepts private insurance, MaineCare, and has discounted fees for those without insurance.

Community Dental Center  www.mdihospital.org/health-centers/dental-center/
4 Community Lane  P:207-244-2888
Southwest Harbor, ME
The continuum of care we offer includes preventative cleanings, sealants, fluoride and general dentistry. By reaching out to patients, following up on appointments, and coordinating ongoing, regular check-ups, we aim to ensure that all patients—children and adults alike—receive a patient-centered model of care.

**Eastport Health Care, Inc.**

30 Boynton St.
Eastport, ME

As a Federally Qualified Health Center, EHC provides affordable dental care.

**Harrington Family Health Center**

50 East Main St.
Harrington, ME

As a Federally Qualified Health Center, HFHC provides affordable dental care.

**Maine Donated Dental Services**

P.O. Box 2282
Augusta, ME

Provides dental services to those unable to pay if they are permanently disabled, medically at risk, or 65 years or older.

**Regional Medical Center at Lubec**

43 South Lubec Rd.
Lubec, ME

As a Federally Qualified Health Center, RMCL provides affordable dental care.

**St. Croix Regional Family Health Center**

136 Mill St.
Princeton, ME

As a Federally Qualified Health Center, SCRFHC provides comprehensive dental services to adults and children. Accepts private insurance, MaineCare, and offers sliding fee discounts based on family size and income.

**Hospitals**

**Blue Hill Memorial Hospital**

57 Water St.
Blue Hill, ME

**Calais Regional Hospital**

24 Hospital Lane
Calais, ME

**Down East Community Hospital**

11 Hospital Drive
Machias, ME
LEGAL & CRIMINAL JUSTICE SERVICES

Legal Services

Legal Services for the Elderly
450 Essex Street
Bangor, ME
P: 207-941-2865
www.mainelse.org
Provides free, high quality legal services to Maine’s socially and economically elderly community age 60+.

Maine Equal Justice Partners
126 Sewall Street
Augusta, ME
P: 1-866-626-7059
F: 207-621-8148
www.mejp.org
Legal assistance and help navigating Maine’s anti-poverty programs including MaineCare, TANF, Aspire, SNAP, and General Assistance.

Maine Pretrial Services
Hancock County Adult Drug Court
50 State St., Suite 14
Ellsworth, ME
P: 207-667-3624
F: 207-667-3630

Criminogenic Treatment Services (Washington C. Adult Drug Court) - AMHC
14 Steve’s Ln
Marshfield, ME
P: 207-255-0996
Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Washington County drug court program.

Criminogenic Treatment Services (Hancock C. Adult Drug Court) - AMHC
710 Bucksport Rd.
Ellsworth, ME
P: 207-667-6890
Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Hancock County drug court program.

Pine Tree Legal
13 Cooper St.
Machias, ME
Intake P: 207-255-8656
Machias office P: 207-400-3248
Free legal advice to low income families; civil cases only (no criminal case).
Machias walk-in hours: Wed 9am-12pm, Thurs 1-4pm.
Maine Volunteer Lawyer Project  
www.vlp.org  
PO Box 547  
P:1-800-442-4293  
Portland, ME  
F:207-828-2300

Free information, assistance and pro bono legal representation in civil legal matters for low-income families. Free legal advice from 1p-4pm at Machias courthouse the first Thurs. of Jan., March, May, July, Sept, and Nov.; at Calais courthouse the first Tuesday of Feb., April, June, Aug., Oct., and Dec. & at the Ellsworth courthouse the 2nd & 4th Tuesday of every month.

Support Services for Incarcerated Individuals

Maine Prisoner Advocacy Coalition  
www.maineprisoneradvocacy.org  
P.O. Box 2173  
maineprisoneradvocacy@yahoo.com  
Waterville, ME

The Maine Prisoner Advocacy Coalition (MPAC) is comprised of Maine prisoners, their friends and families, victims of crime, and others committed to ethical, positive, and humane changes in Maine’s prison system.

Restorative Justice Project of the Midcoast  
www.rjpmidcoast.org  
P.O. Box 141  
P:207-388-2742  
Belfast, ME

The Restorative Justice Project of the Midcoast provides restorative conferences for adult & juvenile offenders in the Midcoast and an array of restorative justice services for the Maine Coast Regional Reentry Center and schools.

Volunteers for Hancock County Jail Residents  
www.jailvolunteers.org  
272 Turkey Farm Rd.  
bluehillme@roadrunner.org  
Blue Hill, ME

Offers restorative justice and supportive services to individuals incarcerated in Hancock County Jail as well as those re-entering the community.

Domestic Violence & Sexual Assault Services

AMHC Sexual Assault Services  
www.amhc.org  
Washington, Hancock, & Aroostook, ME  
P:1-800-871-7741

Offers immediate crisis intervention and support. When you call (available 24/7) you will be connected with an advocate that can provide assistance.

Indian Township Passamaquoddy Domestic & Sexual Violence Advocacy Center  
www.wabanakiwomen.org  
Indian Township, ME  
Emergency 24 Hour Crisis Line: 1-207-214-1917  
P:207-796-6106

Serving residents of the Indian Township Reservation and Passamaquoddy Tribal members. Service include emotional support, court advocacy, emergency shelter, hospital accompaniment, safety planning, door lock program.
Next Step Domestic Violence Project  www.nextstepdv.org
733 Bangor Rd.  P:207-667-0176
Ellsworth, ME  F:207-667-8033
23 Broadway  P:207-255-4934
Machias, ME  F:207-255-4243
24-hour Crisis Hotline: 1-800-315-5579
24-hour hotline, crisis counseling, safety planning, emergency shelter, appropriate resource referrals, advocacy with other systems, civil legal assistance, court accompaniment, support & education groups, safe homes, & transitional housing for domestic violence survivors in Hancock & Washington county.

TRANSPORTATION

Downeast Transportation  www.downeasttrans.org
Downeast, ME  P:207-667-5796
Offers in-town transportation in Bucksport, Ellsworth, and Bar Harbor and commuter transportation services between Ellsworth and Bar Harbor.

Friends in Action  www.friendsinactionellsworth.org
Ellsworth, ME  P:207-664-6016
Offers free transportation to elderly and disabled residents of Hancock County.

Island Connections  www.islconnections.org
Ellsworth, ME  P:207-288-4457
Provides free transportation for MDI residents to medical apartments, shopping and errands, and other activities.

Neighborcare  www.caringinrememberedways.org/neighbor
Deer Isle, ME  P:207-367-5822
Brooksville, ME  P:207-326-4735
All-volunteer group of people offering free health related services in the Blue Hill peninsula, including transportation.

West’s Transportation  www.westbusservice.org
Downeast, ME  P:800-596-2823
Affordable bus service from Calais to Bangor (and points in-between), operates 7 days a week.

Downeast Community Partners  www.downeastcommunitypartners.org
248 Bucksport Road  P:207-664-2424
Ellsworth, ME  F:207-664-2430
7 VIP Drive  P:207-259-5015
Machias, ME  F:207-546-7607
Provides transportation to medical appointments for those covered under MaineCare, transportation to child protective visits, to sheltered workshops and DCP Transportation that is open to the public.
FOOD

Food Pantries

Bar Harbor Food Pantry  www.barharborfoodpantry.org
36 Mount Desert St. (Basement of YWCA)  P:207-288-3375
Bar Harbor, ME
Open Tues. 9am-12pm & Thurs. 4pm -6pm the first three weeks of the month.

Bread of Life Food Pantry  www.seacoastmission.org/food_pantries
Old Village Firehouse  P:207-526-4347
Swan’s Island, ME
Open Thursday afternoons or as needed.

Bucksport Community Concerns  www.elmstreetcc.org
Elm Street Congregational Church (basement)  P:207-469-2400
31 Elm St.
Bucksport, ME
Provides groceries, clothing, and household essentials. Open Wed. 9:30am to 11:30 am & on the second Monday of the month from 5:00pm to 7:00pm.

Danforth Food Pantry
Town Hall  P:207-448-2611
Danforth, ME
Open first Thursday after the first Tuesday of the month 10 am to 11am.

Emmaus Shelter Food Pantry  www.emmaushomelessshelter.org
Corner of Main & Water Street  P:207-667-3962
Ellsworth, ME
Open 24 hours a day. Also offers a clothing room (open M, W, F, Sat 10am-2pm) & household good.

H.O.M.E. Co-op Food Pantry  www.homemmausa.org/FoodBank
90 School House Rd.  P:207-469-7961
Orland, ME
Open daily from 8 am to 4pm. Provides individuals with food boxes once per month; produce & bread when available. Hot lunch served Sun-Fri at noon.

Indian Township Food Pantry
Indian Township, ME  P:207-796-6134
Open Monday-Friday 10am—2:30pm with a break at lunch time.

Irene Chadbourne Ecumenical Food Pantry
507 Main Street  www.irenechadbourneprograms.com
Calais, ME  P:207-214-8553
Open Mon 3-5pm, Thurs 10am-12pm, & Friday 1-3pm.
Island Food Pantry
6 Memorial Lane
Stonington, ME
Open Thursdays 5:30-7:30. Provides groceries to Deer Isle residents in need.

Jonesport Food Pantry
www.sawyermemorialcongregationalchurch.com
Sawyer Memorial Congregational Church
Jonesport, ME
Open Wednesday 9am to 11pm.

Lifeline Food Pantry
South Gouldsboro Road, Rte. 186
Gouldsboro, ME
Third Saturday of the month, 9am to 10am & emergencies.

Labor of Love Food Pantry
facebook.com/LaborOfLoveNutritionCenter
137 County Rd.
Eastport, ME
Open 2nd & Tuesday 9-11am, & Fridays 2:30-6:30pm.

Loaves & Fishes Food Pantry
www.facebook.com/LoavesandFishespantry
Ellsworth, ME
Hours as needed, please call for assistance.

Lubec Community Food Pantry
www.lubecoutreach.org
Lubec Community Outreach Center
Lubec, ME
3rd Wednesday of the month, 1:00-4:00pm.

Machias Food Pantry
Centre Street Congregational Church, 9 Center St.
Machias, ME
Open Monday.

Saint Ann’s Food Pantry
Tribal Office building, Rt. 190
Pleasant Point, ME
Open Monday-Thursday 9-3pm.

Tree of Life Food Pantry
www.treeoflifepantry.org
23 South Street
Blue Hill, ME
F:207-664-2246
Open Thursday 9am to 3pm. Food for residents of Blue Hill Peninsula and other on limited basis.

Weald Bethel Food Pantry
www.seacoastmission.org/food_pantries
Maine Seacoast Mission
Cherryfield, ME
Open Tuesday 9-12pm & 4-5pm, & Thursdays 9-12pm.
What’s for Suppa? Food Pantry
1268 Otis Road P:207-460-1266
Otis, ME
Call for hours & more information.

Woodland Community Food Pantry
55 Broadway P:207-427-6518
Baileyville, ME
Open the 1st & 4th Thursdays of every month from 9-11am.

Hancock & Washington County, ME P:207-598-5648
Support for families who need help tackling an issue & finding the resources that may be available to them. No fees – MaineCare is not required.

### Free Community Meals

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Day and Time; Other Info</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Thurs, 4pm-7pm</td>
<td>Holy Redeemer, 21 Ledge-lawn</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Mon, 2:30-6pm (not holidays)</td>
<td>1st Cong Church 22 Tenney Hill</td>
</tr>
<tr>
<td>Cherryfield</td>
<td>Sun, 3:30-5p.m.</td>
<td>EdGE Center, US Rte. 1</td>
</tr>
<tr>
<td>Cherryfield</td>
<td>Fri, 9:30-11:30am; Joan’s Coffee Shop</td>
<td>EdGE Center, US Rte. 1</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Second Sunday, 5:30pm</td>
<td>Deer Isle/Sunset Con. Church</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Mon, 3-6p.m.</td>
<td>St. Dunstan’s, 134 State St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Wed, 3-6p.m.</td>
<td>1st Cong Church, 2 Church St.</td>
</tr>
<tr>
<td>Orland</td>
<td>Sun-Fri, 12p.m.</td>
<td>HOME Co-op, 90 Schoolhouse</td>
</tr>
<tr>
<td>Southwest Harbor</td>
<td>Winter: Thur 12-2pm, Sat, 6 to 8pm</td>
<td>566 Seawall Rd.</td>
</tr>
<tr>
<td></td>
<td>Summer: Breakfast everyday, 7:30 to 11:30</td>
<td></td>
</tr>
<tr>
<td>Whitneyville</td>
<td>Last Thur. of the Month, 11a.m.-1p.m</td>
<td>Whitneyville Comm. Building</td>
</tr>
</tbody>
</table>

### Farmer’s Markets

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Day and Time; Other info</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Sun, 9am-12pm, Accepts SNAP &amp; WIC</td>
<td>MDI YMCA parking lot</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Sat, 9-11:30AM, Accepts SNAP &amp; WIC</td>
<td>Blue Hill Fairgrounds</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Winter market, Sat, 9:30am-12pm</td>
<td>Mainescape, in greenhouse</td>
</tr>
<tr>
<td>Brooklin</td>
<td>Thurs. 3-5pm</td>
<td>6 Bay Road (Rte. 175)</td>
</tr>
<tr>
<td>Brooksville</td>
<td>Tues. 9:30am-12pm</td>
<td>Cornfield Hill Road</td>
</tr>
<tr>
<td>Bucksport</td>
<td>Thurs, 2-5pm, Accepts SNAP &amp; WIC</td>
<td>Post office lot, Main St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Tues. 11am-2pm, June-Oct, SNAP/WIC</td>
<td>Union St., on the green</td>
</tr>
<tr>
<td>Castine</td>
<td>Thurs, 9-11:30 AM</td>
<td>1 School St, Town Common</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Wed, 9:30-11:30am</td>
<td>70 Church St, by Town Hall</td>
</tr>
<tr>
<td>Eastport</td>
<td>Sat, 11am-2pm, June –Oct, SNAP /WIC</td>
<td>MDI YMCA parking lot</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Mon, &amp; Thurs, 2-5:30pm, SNAP / WIC</td>
<td>245 E. Main Street</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Sat, 9:30am-12:30pm, Accepts WIC &amp; SNAP</td>
<td>190 Main Street</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Winter market: Sat. 9:30 AM-12:30PM Accepts SNAP &amp; WIC</td>
<td>121 Bucksport Rd.</td>
</tr>
<tr>
<td>Franklin</td>
<td>Sat, 9am-1pm (July-Oct)</td>
<td>Franklin Trading Post</td>
</tr>
<tr>
<td>Machias Valley</td>
<td>Fri &amp; Sat, 9am-1pm, Accepts WIC</td>
<td>Rte., 1, Across for Helen’s Rest.</td>
</tr>
<tr>
<td>Milbridge</td>
<td>Sat, 9am-12pm, Accepts WIC</td>
<td>Camden Bank lot, 29 Main St.</td>
</tr>
<tr>
<td>Princeton</td>
<td>Thurs. 3-5pm, Jun-Sept, Accepts WIC/SNAP</td>
<td>67 West St, Baseball Fields</td>
</tr>
</tbody>
</table>
Northeast Harbor  Thurs, 9am-12pm, June –Aug,  Green along Harbor Dr.
Southwest Harbor  Fri. 9am-1pm, May to Oct, Accepts SNAP  St. John’s Church parking lot
Stonington  Friday, 10am to 12pm  Island Community Center
Town Hill  Friday, 3pm to 6pm  Rte. 102, next to Firs Station
Winter Harbor  Tues., 9am-12pm, Accepts WIC  Village Green

**Food & Nutrition Assistance**

**Department of Health & Human Services**

SNAP (Food Stamps) & Women, Infants, & Children (WIC)

17 Eastward Lane  P:207-664-1400
Ellsworth ME 04605  F:207-667-5364

38 Prescott Drive, Suite 3  P:207-255-2000
Machias, ME 04654  F:207-255-2022

WIC is food vouchers for pregnant women & children under age five. Apply online or in person.

**Healthy Acadia**  www.healthyacadia.org
140 State St, Suite 1  P:207-667-7171
Ellsworth, ME  F:207-667-7173

121 Court St.  P:207-266-3741
Machias ME

Wide range of food & nutrition programs including nutrition education, information, & assistance with accessing local food programs & food assistance.

**CHILD & FAMILY SERVICES**

**Being Present with Our Children**  Hathaway.N@gmail.com
Center for Studying Mindfulness  P:207-400-0494
Classes, workshops, and consultations for parents and families.

**Bridging Program**  www.downeastcommunitypartners.org
Downeast Community Partners  P:207-259-5015
7 VIP Dr., Machias, ME
Support for prenatal moms on drug replacement therapy or who have a high-risk pregnancy. Program can provide home visiting nurses or non-medical home visitors to work with families.

**Community Closet**
25 Eastward Lane  P:207-266-7242
Ellsworth, ME
Free clothing: first ten (10) items are free, then by donation.
Downeast Community Partners  www.downeastcommunitypartners.org  
18 Avery Lane  
P:207-667-2995  
Ellsworth, ME  
Please visit website or call for full list of locations.  
Serves children & families in Downeast Maine through Head Start, Early Head Start, Childcare & early education programming.

DCP Community Resource Services  www.downeastcommunitypartners.org  
Hancock & Washington Counties  P:207-598-5648  
Support for families who need help tackling an issue & finding the resources that may be available to them. No fees—MaineCare is not required.

Families and Children Together  www.familiesandchildren.org  
304 Hancock St.  
P:207-941-2347  
Bangor, ME  
F:207-990-3316  
Assists children facing emotional and behavioral challenges. Offers the Penquis Regional Linking Project to increase the wellbeing of young children affected by substance use and the Kids-Kin program to support for grandparents and other family member’s raising their relative’s children.

Maine Child Care Search  www.childcarechoices.me  
Office of Child & Family Services  P:877-680-5886  
Online resource to search list of child care providers and parent resources.

Maine Families  www.mainefamilieswc.org  
18 Avery Lane  
P:207-255-0481  
Ellsworth, ME  
Home Visitors provide support for expectant parents & parents of newborns, childbirth classes, lactation counseling, car seat safety technicians & more.

Maine Family Planning & Primary Care  www.mainefamilyplanning.org  
248 State Street  
P:207-812-7030  
Ellsworth, ME  
Provides family planning & reproductive health services, family support services, and more. Operates WIC program. Also has office in Machias & Calais.

Safe Families for Children  www.ellsworth-machias.safe-families.org  
1A Water Street  
P:207-812-7030  
Machias, ME  
Volunteer host families provide temporary safe care for children while their parents take time to cope with stress, incarceration, or difficult situations.

Safe Family Exchange  www.safefamilyexchange.org  
50 Union St.  
P:207-669-2661  
Ellsworth, ME  
Safe Family Exchange, Inc. provides a secure & friendly environment for parents to peacefully exchange their children for visitation.
We Care Community Baby Center
3 Main St. P:207-667-2995
Machias, ME
Open Tuesday 9am to 1pm. Provides free clothes, diapers, toys, blankets, outerwear & more for families that either have a WIC voucher or MaineCare.

Community Resource Services www.whcap.org
Hancock & Washington Counties P:207-598-5648
Support for families who need help tackling an issue and finding the resources that may be available to them. No fees—MaineCare not required.

Women’s Health Center www.dech.org/Our-Affiliates/Women’s-Center
11 Hospital Drive P:207-255-0400
Machias, ME
Provides complete reproductive, pre-natal, and post-natal health services, including drug replacement therapy for pregnant women.

ADDITIONAL RESOURCES

Government Agencies Devoted to Addiction

National Institute on Drug Abuse (NIDA)
www.drugabuse.gov
National Institute on Alcohol Abuse and Alcoholism (NIAAA)
www.niaaa.nih.gov
Center for Substance Abuse Treatment (CSAT)
www.samhsa.gov/about-us/who-we-are/offices-centers/csat
Center for Substance Abuse Prevention (CSAP)
www.samhsa.gov/about-us/who-we-are/offices-centers/csap
Office of National Drug Control Policy (ONDCP)
www.whitehouse.gov/ondcp
National Council on Alcoholism and Drug Dependence (NCADD)
www.ncadd.org
Substance Abuse & Mental Health Services Administration (SAMHSA)
www.samhsa.gov
National Addiction Technology Transfer Center (NATTC)
www.nattc.org/home

Associations & Societies Devoted to Addiction

American Society of Addiction Medicine, Inc. (ASAM)
www.asam.org
National Association of Alcoholism and Drug Abuse Counselors (NAADAC)
www.naadac.org
National Association of Addiction Treatment Providers (NAATP)
www.naatp.org
National Association of State Alcohol and Drug Abuse Directors (NASADAD)
www.nasadad.org
Fetal Alcohol Syndrome Community Resource Center
www.come-over.to/FASCRC

**Political Action Organizations Devoted to Addiction**

- Partnership for a Drug-Free America
  www.drugfree.org
- Join Together
  www.drugfree.org/news-service-disclaimer
- Amnesty International USA
  www.amnestyusa.org
- Drug War Facts
  www.drugwarfacts.org/cms
- Common Sense for Drug Policy
  www.csdp.org/cms/
- Center on Juvenile & Criminal Justice
  http://www.cjcj.org/index.html
- The Trebach Institute
  www.trebach.com
- National Drug Strategy Network
  www.ndsn.org
- The Drug Policy Alliance
  www.drugpolicy.org

**Drug Court Resources**

- The National Association of Drug Court Professionals (NADCP)
  http://www.nadcp.org
- California Association of Drug Court Professionals (CADCP)
  www.ca2c.org
- Drug Court Clearinghouse/American University
  www.american.edu/spa/jpo
- Drug Court Technology
  www.drugcourtttech.org

**Other Resources**

- In the Rooms
  www.intherooms.com
- Women for Sobriety
  www.womenforsobriety.org/beta2
- Refuge Recovery
www.refugerecovery.org
Life Ring
www.lifering.org
Smart Recovery
www.smartrecovery.org
Maine Sex Trafficking & Exploitation Network
www.mainesten.org
Notes
Notes
This guide was compiled by the Health Equity Alliance & Healthy Acadia, with assistance and input from two community groups, the Down East Substance Treatment Network & the Down East Recovery Support Coalition. We have attempted to make this guide as comprehensive & up-to-date as possible, but we cannot guarantee the accuracy of this information. For additions and corrections e-mail denise@healthyacadia.org or alex@mainehealthequity.org